



Outpatient Mental & Behavioral Health Counseling

For Children, Adolescents, Adults & Families



UCF is happy to announce our new location in Henderson!

1489 West Warm Springs Road, Suite 110.

Call 702-888-6300 or email refer@ucfnv.org and set up your appointment now!

Clinics:

- ▶ 4485 S. Buffalo Dr., Las Vegas, NV 89147
- ▶ 2048 N. Las Vegas Blvd., North Las Vegas, NV 89030
- ▶ 1489 W. Warm Springs Rd. #110, Henderson, NV 89014

Schools:

Check back soon to see when UCF will be back on campus

- ▶ Valley High School - **CLOSED TEMPORARILY**
- ▶ Basic High School - **CLOSED TEMPORARILY**
- ▶ Mahlon Brown Academy of International Studies - **CLOSED TEMPORARILY**
- ▶ Hollingsworth STEAM Academy - **CLOSED TEMPORARILY**
- ▶ Walter Long STEAM Academy - **CLOSED TEMPORARILY**

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UCFNV.org

Telehealth
School-Based
Community-Based
Home-Based

September 2020 Newsletter

COMMUNITY CALENDAR

Please click on each link for up-to-date events.

Nevada Coalition for Suicide Prevention

<https://nvsuicideprevention.org/events/>

Welcome to the MyHPNMedicaid.com Outreach Calendar

<https://myhpnmedicaid.com/Member/Calendar>

Nevada PEP Training Calendar

<https://nvpep.org/training-calendar/>

UCF provides therapy via Telehealth with no out of pocket cost!

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Our School-Based sites are still closed, but we are available for teletherapy, or if preferred, in person at our three clinics. UCF follows all social distancing and safety protocols as recommended by the CDC.

UCF will be open during the CCSD school year via Telehealth or in person at the North Las Vegas, South Las Vegas, and Henderson locations. Inquire at info@ucfnv.org or call 702-888-6300 for more information.



Tele-Help

IN 3 SIMPLE STEPS

For Your Mental and Behavioral Health

(Smart phone, tablet, or computer accessible)

- 1** Contact us at 702-888-6300 or email refer@ucfnv.org.
- 2** We will send you electronic forms to sign. Sign on your phone/email.
- 3** We will text/email you with your appointment and link to join the Telehealth session with a licensed professional counselor.

Remember, there is no out of pocket cost!

Stay Home – Stay Healthy!



WWW.UCFNV.ORG



Meet Jenny Lynne Terry

UCF's Community Health Worker (CHW)

A CHW provides advocacy, education, support, and professional development opportunities focused on increasing access to health care and social services within the community. Jenny was born and raised in Las Vegas, NV. She specializes in helping adolescents struggling with substance abuse and addiction. Jenny has a 14-year old son and she enjoys attending concerts, traveling as well as hosting BBQ's and pool parties with friends.

"Every great dream begins with a dreamer.
Always remember, you have within you the
strength, the patience, and the passion to
reach for the stars to change the world."

~ Harriet Tubman



Did you see our billboards?
Look for them all over the Las Vegas valley.



It's back to school time... shop at Amazon or Smith's Food & Drug for all your school supplies and groceries. UCF benefits each time you shop at either. All you have to do is sign up...it's that easy!

amazonsmile
You shop. Amazon gives.

Amazon donates 0.5% of the price of your eligible AmazonSmile purchases to the charitable organization of your choice. AmazonSmile is the same Amazon you know. Same products, same prices, same service. Support United Citizens Foundation by starting your shopping at [smile.amazon.com](https://smile.amazon.com/ch/27-2289242). AmazonSmile is a simple and automatic way for you to support UCF at no cost to you. Click and let the shopping begin!
<https://smile.amazon.com/ch/27-2289242>

Smith's
INSPIRING DONATIONS

Every time you shop at our stores with your rewards card, we donate .5% of your total order to the nonprofit of your choice. Please visit the link below. Once you are logged into your Smith's Food & Drug account, go to My Account, Inspiring Donations, Find Organization, and search for United Citizens Foundation either by name or CP866 and click Enroll. New users will need to create an account which requires some basic information, a valid email address and a Smith's rewards card. www.smithsfoodanddrug.com/topic/inspiring-donations



PARENT TIPS AND TRICKS FOR DISTANCE LEARNING

At this point, the distance learning scenario isn't entirely new. We have more information about what works for kids and what doesn't. And the hope is that we -- parents, caregivers, teachers, and school leaders -- are now better prepared to support kids in their social, emotional, and academic growth during the pandemic.

What's true is that families are taking on much more responsibility for their kids' learning than ever before. And in order for distance learning to be successful, parents and caregivers need support.

First and foremost, we all should try to remember to come from a place of empathy for parents and caregivers, students, and teachers. Parents aren't trained teachers. And even trained educators have trouble teaching their own kids! These circumstances are a great reminder of how important teachers really are.



How to motivate Your Children During Remote Learning Tips for Parents

As schools have closed due to COVID-19, the majority of children are learning remotely. Motivating your children during remote learning is central to their success. Motivation means ensuring they are interested, involved and confident in their learning. As a parent you have an important role to play by providing your children with encouragement and feedback

Here are some things you can do:



Dialogue with your children and discuss their weekly learning schedule and assigned tasks



Set weekly goals with your children, encourage them and celebrate their accomplishments



Establish a supportive learning environment at home and peer-to-peer support among siblings



Invite your children to share their ideas, challenge them by asking questions and respond to their proposals



As they study, engage your children by participating in their learning and encouraging their creativity



Engage your children in topics they are interested in to customize their learning



Allow breaks during learning hours and ensure time for play and fun activities



Address their learning challenges, support them in building on their strengths and assess their progression in a constructive way



Cater for their social and emotional needs

READ MORE ➡ www.commonsense.org/education/articles/parent-tips-and-tricks-for-distance-learning



Call or Text Anytime: 702-888-6300

We are growing throughout Southern Nevada.

To see an updated list of locations visit: www.ucfnv.org